

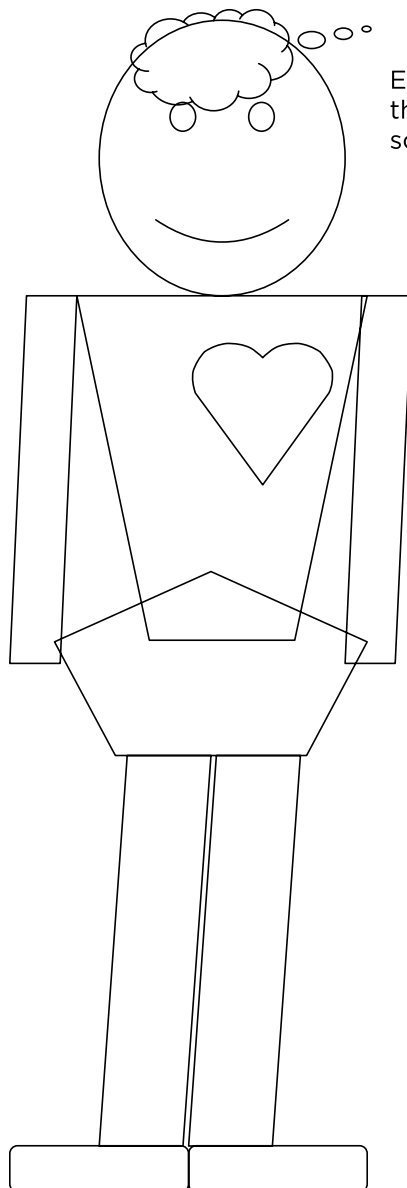
Reflecting Body Image: Reference Sheet

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Using the images below, consider the positive ways you think about yourself. Draw a line from the part of yourself you are thinking about and write down what you like inside and what you like outside.

Write a brief explanation why you feel this way.

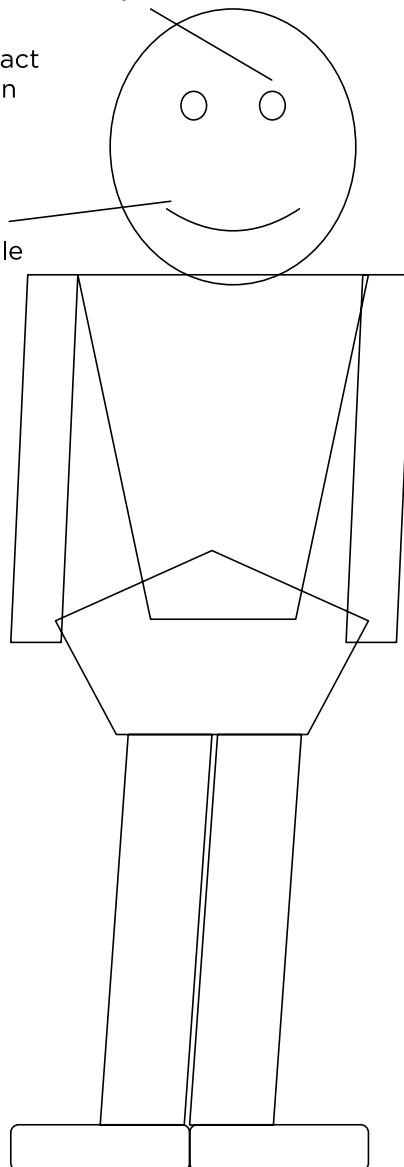
Things I like inside:



Things I like outside:

Example: I love my eyes!
They express my curiosity!

Example:
I like my smile



Self-Esteem Supports: Reference Sheet

Please write your answers below in point form.

List five good things about yourself. Please explain.	
What would your friends say is your best quality?	
What would your mother and/or father say is your best quality?	
Name three things that you are good at:	
Name two things that you are really proud of:	